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NEWS WORTH SHARING.

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GAGA FREE

LIVE 88·5 FM

Teams take time out to help

Ottawa Fury FC goalkeepers Devala Gorrick, left, Marcel De Bellis, centre, and Ottawa Redblacks running back Chevon Walker volunteer at the Shepherds of Good Hope on Monday. LUCY SCHOLEY/METRO

Shepherds of Lansdowne. Fury, Redblacks players lend a hand at soup kitchen

LUCY SCHOLEY
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Lunch at the Shepherds of Good Hope soup kitchen was dished out by a crew of Ottawa’s celebrity soccer and football players on Monday.

Ottawa Redblacks players, their cheerleaders and Ottawa Fury FC players served helpings of ham, potatoes and soup to those in need.

“I’ve been so fortunate and blessed — all of us have, all of our lives — so it’s a good thing that we can come out and just show support, help out, even if it’s just one day a year,” said Redblacks lineman Moton Hopkins before donning an apron.

Fury goalkeeper Devala Gorrick said he feels it is important to give to the community.

“I grew up in sort of a poor family and I’ve travelled around the world to Third World countries, so it means a lot to help out people,” he said.

“I’m really blessed. I’ve been given a lot in my life and I like to give back, and this is a way that I can give back very intimately to the people of Ottawa.”

Anna Silverman, executive director of the Shepherds of Good Hope Foundation, said the soup kitchen served 700,000 lunches last year. On average, they make 400 to 500 lunches a day.

“It’s a boost for our clients,” she said about the Redblacks and Fury players volunteering on Monday.

“They wouldn’t necessarily get to go to a game, so it’s a boost for our clients to be able to meet these guys and actually have the opportunity to say hello to them and shake their hands.”

The Ottawa Sports and Entertainment Group says it will donate a portion of the profits from the Redblacks game on Aug. 15 or the Fury FC game on Aug. 17 to the Shepherds of Good Hope.

Tickets are available at shepherdsofgoodhope.com.

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Gun violence can't be solved by police alone, says chief

'A community issue.'
Even as crime in general falls, violence going up

DENIS ARMSTRONG
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Gangs, public safety and more efficient use of the force's resources are the biggest challenges facing the Ottawa Police Service.

That was Chief Charles Bordeleau's assessment at the police services board meeting Monday night.

The level of reported crime has dropped 11 per cent to 32,472 offences in 2013.

However, violent crime increased by 10 per cent in 2014 over the previous year — a figure that included nine murders.

With 60 shootings so far this year, violent crime is ramping up. That, and the reluctance of witnesses to cooperate with police, are challenges the force can't solve by itself, Bordeleau admitted.

Big savings

$500K

Since its introduction in 2013, the OPS Service Initiative study has netted more than $500,000 in annual savings.

"Gun violence is a community issue," he told the board. "We have to make gangs accountable but we need the help of the community and strong educational programs to prevent further violence. Every gun we take off the street has a direct impact on the safety of the community."

One community-based program the board agreed to continue was the force's two-year Traffic Stop Race Data Collection Project. Now entering its second year, the project, a partnership with the Ontario Human Rights Council, aims to make police more sensitive to racial profiling.

Facing an increasingly complex policing environment and changes in funding, the board and its chair, Coun. Eli El-Chantiry, approved the findings of the OPS's two-year long Service Initiative study.

The study recommends adding more civilian positions that don't require policing powers, maximizing partnerships with community groups, better monitoring of staff performance and moving officers previously dedicated to specialized beats into the general stream — resulting in savings of $1 to $2.2 million annually — beginning in 2015.

Dressed for the part: Commemorating the centennial of World War I

From left: Emma Klein along with sister Katie and brother Evan of Edmonton have their photo taken by their dad as they dress up in First World War uniforms while visiting the National War Museum in Ottawa on Monday. Canada will commemorate the centennial of the First World War on Aug. 4th. SEAN KILPATRICK/THE CANADIAN PRESS

Ottawa airport. CBSA employee contaminated by unknown substance: EMS

An unidentified, white, powder-like substance was sprayed into the eyes of a Canadian Border Services Agency employee at the Ottawa International Airport on Monday morning, according to paramedics.

Employees were evacuated from the FedEx building on Thad Johnston Road as haz-mat crews responded at around 10 a.m., Ottawa Fire Services spokesperson Marc Messier said. The contamination was contained to one employee, who suffered minor injuries.

Messier said the substance appears to be "not hazardous," but crews are still trying to determine what it was.

Paramedics said Ottawa police and the RCMP are investigating the incident.

JOE LOFARO/METRO

Ottawa, Kingston cops cap four-month drug probe

Kingston police say they arrested 21 people after a four-month drug operation in the downtown core with the assistance of "covert tactics" and the expertise of undercover Ottawa police officers.

It's the second time the Ottawa Police Street Crime Unit has sent undercover officers to another jurisdiction to conduct a covert operation. The first was in 2011 in Smith Falls.

"It's a tool they didn't have," said Ottawa Police Staff Sgt. Kal Ghadban, explaining the nation's capital has a bigger police presence and more resources.

Street value

Police say cocaine, marijuana, ecstasy and methamphetamines with a combined weight of 297 grams and an estimated street value of $16,500 were seized, as well as $2,000 in cash.

Ottawa police helped Kingston police conduct search warrants and make the arrests on July 23, 24 and 25. Police laid several charges, including trafficking in controlled substances, possession of a controlled substance for the purpose of trafficking and breaches of recognizance and probation.

JOE LOFARO/METRO

Mike Maguire takes second swipe at city's mayoral seat

Municipal election.
Tax cuts, more transit options and cheaper hydro on this candidate's platform

LUCY SCHOLEY
lucy.scholey@metronews.ca

Mike Maguire is promising to scale back on spending and taxing if elected mayor of Ottawa. LUCY SCHOLEY/METRO

When Mike Maguire coached candidates on running for office, he always told them: "You have to run twice."

Maguire has a background in working behind the scenes in politics — mostly in the municipal sphere, but he has also supported Lisa MacLeod, Conservative MPP for Nepean-Carleton.

"You run the second time with a little more credibility," said the 53-year-old manager of an IT company.

Maguire is hoping he has that credibility on his side when he makes his second run at the mayoral seat this year.

In the 2010 municipal election, he placed fifth out of 20 candidates with 2.5 per cent of the vote. Mayor Jim Watson won with 48 per cent. Apart from the two previous opponents, there are so far just three others in the running for the top elected seat at city hall.

Maguire said he's hoping to harness "the power of social media" this time to bump up his votes.

But he said he won't stop the old-fashioned face-to-face with voters, which he has been doing since the last election. Over the past four years he has often heard, "I cannot afford anymore."

So Maguire plans to scale back on "more taxing, more borrowing, more spending as if we were stuck in 1970."

"Let's talk about tax relief," he said. "Let's talk about how we make it more affordable to stay here in Ottawa."

Apart from taxes, his platform priorities are hydro, transit and trash.

He's proposing that Hydro Ottawa be run like a not-for-profit organization and the city "immediately" go to the province and propose getting a cheaper deal on electricity by buying it from Quebec.

Commuters need more options than a bus or car and there are plenty of "underutilized tracks" that could be put to use with more train services, he noted. And voters want the city to pick up their trash more often, he said.

"This move to biweekly garbage pickup was ridiculous," he said. "Weekly garbage pickup has to be restored immediately."

The municipal election takes place on Oct. 27.

Ottawa's options

Who else is running for mayor?

- Bernard Couchman
- Mike Maguire
- Jim Watson
- Robert White
- Darren W. Wood

$50,000 in silver coins and bars stolen

OPP in Renfrew are asking for the public's help in solving a May 9 break-and-enter and theft of $50,000 worth of silver coins and silver bars in a safe.

Police said that between 12 and 3:15 p.m., a thief entered a garage on Highway 132 in the Township of Adamston Bromley and stole the valuables.

There were two metallic box-type suitcases taken. One contained 12 trays of 24 Olympic coins. The other metallic case contained coins adorned with various animals and insects. All were Canadian currency.

There were also two boxes — one yellow, one blue — that were taken. One contained silver coins with various animals printed on them; the other box contained silver bars.

Anyone with information on the theft is asked to call Crime Stoppers at 735-8477 or toll free at 1-800-222-8477.

METRO

Renfrew OPP are asking for help tracking down these silver coins and bars that were stolen from a garage on May 9. CONTRIBUTED

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'Direct connection.' Sarah Palin launches online subscription channel

Sarah Palin has started her own subscription-based online network.

The Sarah Palin Channel, which went live on Sunday, bills itself as a "direct connection" between the former Alaska governor and GOP vice-presidential candidate and her supporters, with "no need to please the powers-that-be," Palin says in a video mission statement on her channel's home page.

"Are you tired of the media filters?" she asks. "Well, I am. I always have been. So we're gonna do something about it.... We'll talk about the issues that the mainstream media won't talk about."

Palin says she oversees all content posted to the channel. This will include her own political commentary.

Other features for subscribers include the ability to submit questions to Palin and participate with her in online video chats.

Membership is set at $9.95 per month or $99.95 for a year.

In this April 27, 2014 file photo, former Alaska governor Sarah Palin speaks during a campaign rally in West Des Moines, Iowa. THE ASSOCIATED PRESS

Palin remains active elsewhere as a Fox News Channel contributor and reality-TV personality.

The Sarah Palin Channel is part of the TAPP video platform, which launched earlier this year. THE ASSOCIATED PRESS

Bank of Canada recognizes mountainous $10 bill error

Mount Edith Cavell.
One of the peaks misidentified by the bank's website

The Bank of Canada is making a molehill out of a mountain.

The central bank had claimed that its new plastic $10 bank notes included an image of majestic Mount Edith Cavell, a prominent peak in the Canadian Rockies south of Jasper, Alta.

But a sharp-eyed professor in Toronto, who had hiked the mountain with his family, thought something was amiss when the image matched neither his memory nor his photos.

Hitesh Doshi contacted the Bank of Canada by email last November, shortly after the new $10 notes were released, to say something was amiss. He kept getting the runaround until last week.

Ryerson University professor Hitesh Doshi poses with a $10 Canadian bank note in Mississauga, Ont., on Monday. Doshi discovered an error in a mountain that adorns one of Canada's new plastic bank notes. NATHAN DENETTE/THE CANADIAN PRESS

That's when the central bank quietly changed its website, removing Mount Edith Cavell and several other peaks from its official description of the back of the $10 bank note, replacing them with some other peaks.

It also sent Doshi a short email, finally acknowledging the error.

"One of the memorable things for me in Alberta was visiting (Mount) Edith Cavell," he said of a visit with his family.

But when he later examined the $10 bank note, "the peak was not there," said Doshi, a professor of architecture at Ryerson University and a new Canadian. "That's where the whole thing started." THE CANADIAN PRESS

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North Korea pushes Wonsan as prime tourist destination

Where do you go in North Korea if you're in the mood for a barbecue by the beach, maybe some pier-side fishing or a dip in the ocean?

For many North Korean vacationers, that place has long been the sleepy port city of Wonsan, which is now the focus of one of North Korean leader Kim Jong Un's most talked-about pet projects — a campaign to transform the country into a haven for tourism.

That may seem far-fetched, since international sanctions over North Korea's nuclear weapons program have severely limited trade, and infrastructure and security restrictions make travel in the country difficult. For now, most beachgoers in Wonsan are locals: honeymooners, families with small children or college students taking a break from their studies.

But North Korea is targeting places like Wonsan for development projects — its new luxury ski resort at Masik Pass is just a short drive away — by creating special tourism zones across the country to accommodate foreign guests.

If that plan succeeds, Wonsan could see busier days.

With the summer season just beginning, Chinese tourists — who because of their country's generally friendly relations are the main target of North Korea's campaign — are already starting to flow in.

And although Japanese tourism is still probably a long way off, relations with Japan — once a major source of trade and tourism via a ferry link with Wonsan — have also recently started to improve. THE ASSOCIATED PRESS

North Korean women talk over pots of burning charcoal, used for cooking seafood, on a pier leading to Jangdok Island at dusk on Monday. WONG MAYE-E/THE ASSOCIATED PRESS

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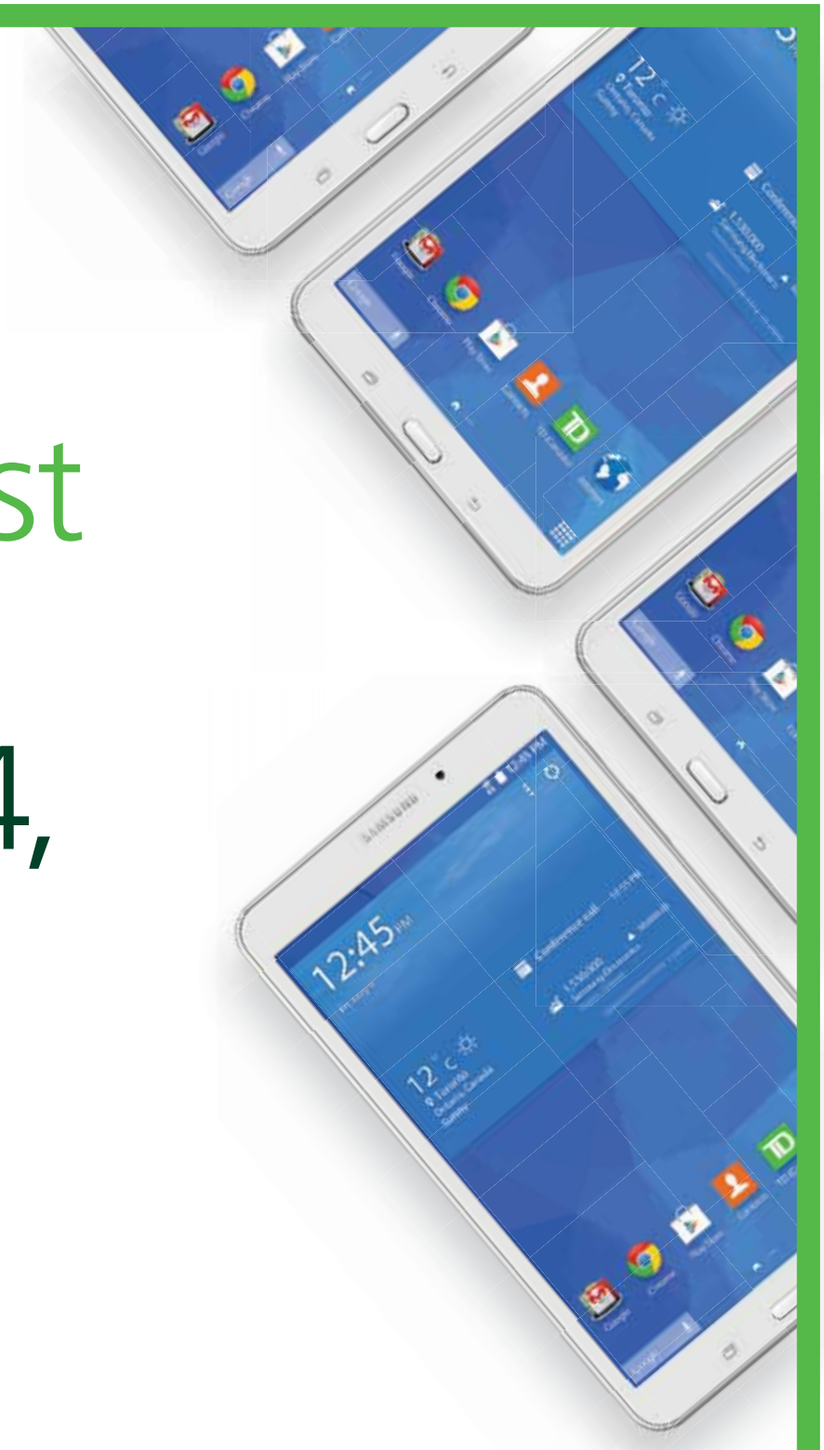

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Israeli military warns Hamas: 'What is coming will be worse'

Gaza crisis. Israeli PM says his country needs to be 'ready for a prolonged campaign' as attacks from both sides mount

Relatives help Hazem Eshbair, who lost two of his children in an explosion at a park at Shati refugee camp in the northern Gaza Strip on Monday. Israeli and Palestinian authorities traded blame over the attack that also claimed eight others, and fighting raged on despite a major Muslim holiday. ADEL HANA/THE ASSOCIATED PRESS

Israel's prime minister warned Monday that the country faced a prolonged campaign against Hamas in the Gaza Strip, as the military urged residents in parts of the embattled territory to evacuate ahead of what appeared to be a broadening of the three-week war.

"What is coming will be worse," the Israeli military said in phone messages targeting Gaza militants.

Israeli leaders have been mulling whether to expand the assault against Hamas in Gaza or respond to international calls for a truce.

The international community has so far been unable to bring about a ceasefire that would end the fighting, which has already killed at least 1,050 Palestinians, 52 Israeli soldiers and three civilians on the Israeli side.

But with attacks mounting from both sides Monday, and Israel and Hamas far apart on terms for a truce, a ceasefire appeared elusive.

"We need to be ready for a prolonged campaign," Israeli Prime Minister Benjamin Netanyahu said. "We will continue to act aggressively and responsibly until the mission is completed to protect our citizens, soldiers and children."

Hamas spokesman Sami Abu Zuhri struck a defiant tone in response to Netanyahu's warnings.

"His threats do not scare Hamas or the Palestinian people, and the occupation will pay the price for the massacres against civilians and children," he said.

THE ASSOCIATED PRESS

Quoted

"God help us. We have nothing to do but pray."

Jabaliya resident Sufian Abed Rabo, who said his family of 17 has taken refuge underneath the stairway in the building of their home, which they rebuilt after it sustained damage during the 2009 war in Gaza

China

Police take down church's cross amid crackdown

Hundreds of police took down a church's cross on Monday in a city known as "China's Jerusalem" for its many houses of worship amid a crackdown on church buildings in a region where thousands are embracing Christianity.

Evangelist Qu Linuo said police used a crane to remove the three-metre-tall red cross from its steeple.

THE ASSOCIATED PRESS

Pakistan

Mob burns down Ahmadi homes over allegations of blasphemy

A Pakistani mob burned down homes belonging to the minority Ahmadi sect in the country's east, killing a woman and her two granddaughters in riots following rumours about blasphemous postings on Facebook, police said Monday. The victims died of suffocation, police said, adding another woman miscarried during the riots. THE ASSOCIATED PRESS

Getting serious about the safety of children in cars

This photo provided Monday by the Frederick County, Md., health department shows car decals warning people not to leave children alone in cars. The Alliance of Automobile Manufacturers is offering the free decals for distribution through public health agencies, schools and daycare centres in the Washington, D.C., area and to the public on its website. FREDERICK COUNTY, MD., HEALTH DEPARTMENT/THE ASSOCIATED PRESS

Finance memo warns of Bitcoin's illicit potential

The high level of anonymity and lack of regulation associated with Bitcoin transactions may make the virtual currency "an attractive payment method for criminals," warns a newly disclosed Finance Department memo.

The internal memo, prepared for former finance minister Jim Flaherty, says while the degree of criminal activity involving Bitcoin is unclear, some have raised flags about its potential to fund illicit behaviour.

Bitcoin is a digital currency exchanged through computer transactions without the oversight of a central bank.

Users can install a Bitcoin wallet on their computer or mobile phone, which will generate a special address to which others can send payments.

"With the press of a computer button, you've transferred the value," said Christine Duhaime, a lawyer and certified financial-crime and anti-money-laundering specialist.

Transactions are sent to a public network for verification. As the memo to Flaherty notes, although both parties' Bitcoin and Internet Protocol, or IP, addresses are transmitted to the public network, no additional information is provided about either user.

This April 2013 photo shows bitcoins in Sandy, Utah. A lack of regulation and high level of anonymity may make the virtual currency "an attractive payment method for criminals," former finance minister Jim Flaherty was warned by senior officials in a recently declassified memo. RICK BOWMER/THE CANADIAN PRESS FILE

Various Bitcoin exchange services allow users to convert local currency into bitcoins, or vice versa.

"Virtual currencies such as Bitcoin have been criticized for their potential to fund illicit activity, such as money laundering and terrorist financing," the memo to Flaherty says.

The May 2013 memo to Flaherty, who died last April, was released under the Access to Information Act.

It was among several internal notes — including an RCMP analysis — revealing concern among federal officials about Bitcoin and other virtual currencies. THE CANADIAN PRESS

Live-tweets a force for good in court: Judge

#Courtroom. Nova Scotia judge says letting journalists live-tweet proceedings fosters greater communication and accuracy

A top Nova Scotia judge says he is surprised at the positive impact live-tweeting inside the courtroom has had after the province's judiciary recently relaxed the rules on Twitter use.

Chief Justice Joseph Kennedy of the Nova Scotia Supreme Court let reporters live-tweet throughout the trial of Lyle Howe, a Halifax lawyer convicted of sexual assault.

"I couldn't get over how well it had worked," Kennedy said in an interview, describing it as the closest thing to gavel-to-gavel coverage he has seen.

New guidelines governing the use of electronic devices in the courtroom came into effect in Nova Scotia on May 15, allowing communication such as tweeting and texting for any purpose, unless otherwise banned by the presiding judge.

The policy restricts tweeting from youth, mental-health and family courts and does not affect statutory publication bans.

Kennedy says allowing the use of Twitter is part of the legal system's effort to improve access to justice.

"That's not just a matter of making it easier for people to come before the courts from the point of view of expense and time and that kind of thing, but also better communication of what we do," he said.

Kennedy said he intends to introduce video broadcasting of criminal court proceedings, though he added he would likely begin with a sentencing hearing to avoid the risk of negatively impacting witnesses. THE CANADIAN PRESS

Tweeting sustained

"I didn't think it was going to be as accurate as it turned out to be. I have to say that I was very impressed."

Chief Justice Joseph Kennedy of the Nova Scotia Supreme Court, on how accurate court reporters were in relaying information as they live-tweeted the Lyle Howe trial

A fist bump a day. Popular greeting spreads fewer germs than handshake

When it comes to preventing the spread of germs, maybe the president is on to something with his fondness for fist bumps.

The familiar knocking of knuckles spreads only one-twentieth the amount of bacteria that a handshake does, researchers report. That's better than a high-five, which still passes along less than half the amount as a handshake.

So fist bumps — popularized by U.S. President Barack Obama and others — seem to be the wisest greeting, especially during cold and flu season, said researcher David Whitworth of Aberystwyth University in Wales.

The importance of hand hygiene is nothing new in medicine. However, the researchers realized that while a lot of study focused on hands getting germy from touching doorknobs and other surfaces, only a few studies had looked at handshakes.

"And there are alternatives to handshakes. You see them on telly all the time — the fist bump and high-five and all that," Whitworth said.

Whitworth said he hopes the norm changes.

"In a hospital, you really don't want people to shake hands. It's an unnecessary risk," he said.

THE ASSOCIATED PRESS

U.S. President Barack Obama fist bumps a young boy at the White House in 2011. Scan this photo with your Metro News app to see a gallery of President Obama's iconic and germ-conscious fist bumps. CHIP SOMODEVILLA/GETTY IMAGES FILE

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Long lines and big crowds pack the Yorkdale Mall in Toronto for Boxing Day shopping in 2012. Malls in big cities across the country are full, with high-end brands continuing to fuel growth, according to CBRE Group research. TORSTAR NEWS SERVICE FILE

Malls expand to feed our appetite for luxury goods

Trend. High-end retailers continue to look to Canada, as major malls continue to grow to meet the demand

While big-box retailers like Target have struggled to get a foothold in Canadian markets, demand for luxury retailers is strong and fuelling massive expansion projects at shopping malls across the country.

According to research by commercial real-estate company CBRE Group, more luxury retailers are predicted to arrive in Canada, albeit at a more moderate pace compared to the flurry of activity seen in the last three years.

The aftermath of the 2008 financial crisis and recession spurred a boom in retail development, with foreign retailers, primarily American ones, turning their sights to Canada, and construction hasn't kept up with demand.

There is little to no vacancy in highly sought-after shopping centres and neighbourhoods, according to CBRE's head researcher Ross Moore.

"We just don't have empty retail to speak of. (Across the country) malls are generally full. If you're a Spanish or Italian or U.S. retailer, you are going to be put off by that. Supply is the key. Until we build more, that's going to be a challenge.''

The study, which measured the number and type of retailers that set up shop in 2013, found that luxury and high-end fashion brands constitute the majority of new arrivals in Canada.

In the cities, where most of Canada's top income earners reside, construction cranes are busy piecing together the new extensions. In Vancouver, the Pacific and Oakridge Centres are getting bigger, adding 578,000 square feet and 373,000 square feet respectively. Calgary's Chinook Centre is expanding (140,000 square feet) as well as Ottawa's Rideau Centre (230,000 square feet).

In Toronto, top-tier malls Yorkdale and Sherway Gardens are simultaneously undergoing multimillion-dollar expansions to accommodate a new anchor tenant, the upscale U.S. department store Nordstrom. THE CANADIAN PRESS

The top 2%

While stagnant wages, inflation and consumer debt have kept many shoppers just browsing, the appetite of well-heeled shoppers for luxury goods has been healthier.

- "If you're a luxury retailer, you don't care if sales have been growing by one per cent, you're only interested in the top two per cent of the population, and that group's doing fairly well, by and large," says CBRE's Ross Moore.

Expired meat scandal

U.S. meat supplier says China unit fell short of standards

U.S. meat supplier OSI Group said Monday a Chinese subsidiary embroiled in a safety scandal fell short of its requirements for maintaining high standards.

A Shanghai TV station reported last week that Shanghai Husi Food Co. sold expired beef and chicken to restaurants including McDonald's and KFC.

The Chinese food-safety agency said last week its investigators found unspecified illegal activity and police detained five employees of Husi.

THE ASSOCIATED PRESS

Stacked food = fancy?

Red Lobster wants you to see their seafood differently

Red Lobster wants to be seen as a purveyor of quality seafood, so it's getting rid of some of its promotional discounts and stacking the food higher on plates, as is the style at fancier restaurants.

The changes mark the latest attempt by the struggling seafood chain to stop a years-long sales decline as it embarks on a new era. On Monday, Darden Restaurants Inc. said it completed its sale of the chain to investment firm Golden Gate Capital.

THE ASSOCIATED PRESS

Market Minute

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Natural gas: $3.75 US (-$0.01)
Dow Jones: 16,982.59 (+22.02)

BETA WEDDING BANDS, ANYONE?

SHE SAYS

Jessica Napier
metronews.ca

For those of us in our twenties and thirties, midsummer is the height of wedding season. Even if you haven't been invited to a real-life ceremony, it's impossible to escape the deluge of posed group photos and cutesy couple hashtags that take over Facebook and Instagram feeds every weekend.

Weddings might seem to be ubiquitous on social media, but a new U.S. survey suggests our generation isn't entirely keen on the idea of 'til death do you part. Trend researchers recently polled 1,000 Millennials — defined as 18- to 34-year-olds — about their attitudes toward marriage and found that over 40 per cent believe vowing to stay together forever is an outdated tradition that should be abolished.

In the same study, participants were asked about their opinions on a few alternative marital models — because if so many of us think it's time to retire the "for as long as you both shall live" concept, perhaps we need to start making our own rules.

When asked about a variety of hypothetical arrangements, 21 per cent of respondents said they would consider what the researchers dubbed the "Presidential" approach, in which couples would vow to marry for a four-year term and then opt to either stay together or re-elect a new partner. Ten per cent of respondents liked the idea of a "Multiple Partner" model, while 36 per cent of people favoured the "Real Estate" approach — wherein marriage licences would be valid for five-, seven-, 10- or 30-year periods, after which the terms would be renegotiated.

The most popular model offered by the researchers was the tech-inspired "Beta" union, in which marriages would be subject to a trial period, much like a new app or software product. In this scenario, newlyweds would test-run the union for two years in order to work out any kinks or bugs and then choose to proceed with the marriage or dissolve the partnership without any of the nasty consequences of a formal divorce.

Personally I think the concept of beta testing a marriage sounds a lot like living together. Common-law relationships tend to look and feel like a marriage but without the rings, the ceremonial paperwork and the expensive party.

So what can we take from the results of this study?

Are Millennials a generation of unromantic commitment-phobics, or are we justified in reimagining matrimony for the modern age? Monogamous lifelong marriages aren't for everyone, but that doesn't necessarily mean we should reinvent the entire cultural institution. Renewing your vows to solidify your commitment to one another is a romantic gesture, but I certainly don't think anyone would appreciate having to renew their marriage every five years like they would a driver's licence.

Every partnership is unique, and when it comes to governing your relationship it's up to you and your partner to create your own rules.

EID MUBARAK

metro AR

People ride on bumper cars during an Eid celebration in Burgess Park on Monday in London, England. The Muslim holiday Eid marks the end of 30 days of dawn-to-sunset fasting during the holy month of Ramadan. For a photo gallery of Eid celebrations around the world, scan this image with your Metro News app.
DAN KITWOOD/GETTY IMAGES

Fast turns to feast for Muslims around the world, though wars cloud celebrations

Muslims celebrated the first day of the Eid al-Fitr holiday Monday, which marks the end of the monthlong fast of Ramadan. The three-day-long Eid al-Fitr holiday is a time to celebrate the completion of Ramadan, a month devoted to worship and repentance during which observing Muslims abstain from food and water from sunrise to sunset every day.

Muslims in Indonesia, across the Middle East, parts of Africa, Europe and the U.S. marked Eid on Monday. Millions in Morocco, India and most of Pakistan were still fasting Monday and will likely celebrate Eid on Tuesday. That's because Muslims use a lunar calendar and a moon-sighting methodology that can lead to the month of fasting ending on different days.

Turkish President Abdullah Gul reminded people in his Eid message that though Turkey was enjoying a peaceful holiday, many of its neighbours were not. THE ASSOCIATED PRESS

Celebrations and sadness

"We just can't ignore that there are many, many people, not just in Palestine, that simply just can't even have a proper day to rest and mourn their dead."

Iman Eddbali, 26, a Muslim in Qatar, who said that the imam leading prayers in her local mosque urged worshippers to be happy for those who cannot be happy this year

METRO AUGMENTED REALITY

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metro AR

MetroTube

Get inside before you start seeing sharks

ANDREW FIFIELD
andrew.fifield@metronews.ca

Watching skies become smeared with spooky clouds, bracing for a wall of rainfall racing toward you, breaking the oppressive humidity of scorching summer days — there's a lot to be said for taking a moment to enjoy some spectacular weather.

There needs to be some common sense involved, though. For example, if the plastic bags dancing on the breeze are replaced by barbecues, it's time to head inside. The same holds true if the sky sends an explosive bolt of lightning into your neighbourhood — wise advice that would have sent this Tennessee tornado-taper back to the house about 30 seconds earlier. (youtube.com/cfields33)

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You Reddit right: Fans get Q&A with Seinfeld

You ask, he answers. As he promotes his new show, comedian takes to the web to answer fan questions

LISA WEIDENFELD
Metro World News in New York

Jerry Seinfeld returned to the hallowed halls of Reddit to do another Ask Me Anything after doing one last January. He's promoting his new show, Single Shots, which is a spinoff of his current Comedians in Cars Getting Coffee. After assuring one Redditor that "conversations are taking place" regarding getting Seinfeld to Netflix, he got down to the important stuff. Here are some of the more non sequitur highlights. There were a lot of food questions.

I noticed you are left-handed, but in The Understudy episode you threw with your right hand. Ambidextrous?
I am ambidextrous! Good observation.

In Seinfeld, I've noticed the hat behind your computer randomly switches from Mets to Yankees. I know you are a huge Mets fan so I've always wondered the reason for this.
Because Larry David was a Yankees fan, so we kind of would go back & forth.

What is your most memorable scene from Seinfeld that had to be re-shot the most because everybody kept laughing?
When Frank Costanza, George's father, said to Elaine "Do you want a piece of me?" when he thought that she wanted to have a fistfight. That one, we had to do over and over because nobody could stop laughing. Every time Jerry Stiller would say "Do you want a piece of me?" we had to stop.

Do you have a rule of thumb for where the second button on a shirt should be when you're shopping?
Yes, it shouldn't pull the fabric, and it shouldn't show, you know, more than a certain amount of breastbone. It is a tricky button.

I recently realized that if we don't have milk in our fridge in the morning, on a scale of one to 10, my day only has the potential of reaching a six. What's that one thing for you that curbs how well your day can go?
The quality of the coffee. I didn't really used to drink coffee in the '90s, whenever we would sit in the coffee shop on the show I wouldn't drink coffee, they would put coffee in the cup so it looked like I was drinking it, but I wouldn't drink it. I don't know what changed. But I got into it, in the '90s and I finally figured out why everybody was interested in it, and then I became obsessed with it. There's just — as Duke Ellington famously said — "there's only two kinds of music, good and bad," and it's the same with coffee.

Two of my dreams are to be accosted by Larry David on the street and to eat cereal with you. Which is more likely to happen?
Neither, I think your life will go on as it's been and you will never reach these peaks. My Reddit associate suggests I throw you a bone. I think there's a possibility of that happening. If I had a bone, and I saw you, I would throw it at you.

Jerry Seinfeld won't eat cereal with you, in case you wondered. GETTY IMAGES

AUGMENTED REALITY

→ Mmmm, donuts! Scan this photo with your Metro News app to see a video of Jerry Seinfeld, Tina Fey, Brian Regan, and Sarah Silverman chat about this king of snacks.

metro AR → See the full instructions on Metro's Voices page.

DVD review

The Other Woman

Director. Nick Cassevetes

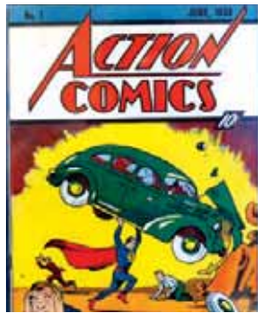
Stars. Cameron Diaz, Leslie Mann, Nikolaj Coster Waldau

The main actors — Cameron Diaz, Leslie Mann and Kate Upton on one side, Game of Thrones' Nikolaj Coster-Waldau on the other — all figure they're making a big studio romantic comedy. Director Nick Cassavetes isn't so sure. One moment he's indeed making that studio rom-com, hitting beats with yuks about public drunkenness, projectile bodily fluids, inconvenient pet pooches and smartass secretaries. The next he's drifting along with a serious drama about infidelity that's more in line with the indie film world that Cassavetes (The Notebook, She's So Lovely) hails from. Gawking at this mess does make for an interesting sit, though, much like watching a slow-motion train wreck. And the pairing of Diaz and Mann, both great comic actresses, suggests the two could really click in a better movie written to properly showcase their talents. The Other Woman raises serious issues of how men treat women, and how women react to infidelity that the more serious side of Cassavetes might have profitably explored.

PETER HOWELL

Up and away. First Superman comic bound for eBay

A purportedly pristine copy of the first Superman comic book could fetch millions of dollars when it goes up on eBay. A copy of Action Comics #1, in which the Kryptonian superhero made his debut in 1938, will be offered in an eBay auction that opens on Aug. 14 and runs for 10 days. "This is an extraordinary opportunity to acquire the most valuable comic book in existence," Gene Cook of eBay marketplaces said in a release. AFP



Movies

Guardians already set for sequel

Guardians of the Galaxy is not even out in theatres yet, but Marvel has already announced that the second episode will arrive in 2017. Although it may seem somewhat precipitous, Marvel's announcement at Comic-Con of a Guardians of the Galaxy sequel is based on the largely positive response from the press to the movie's first screenings. AFP

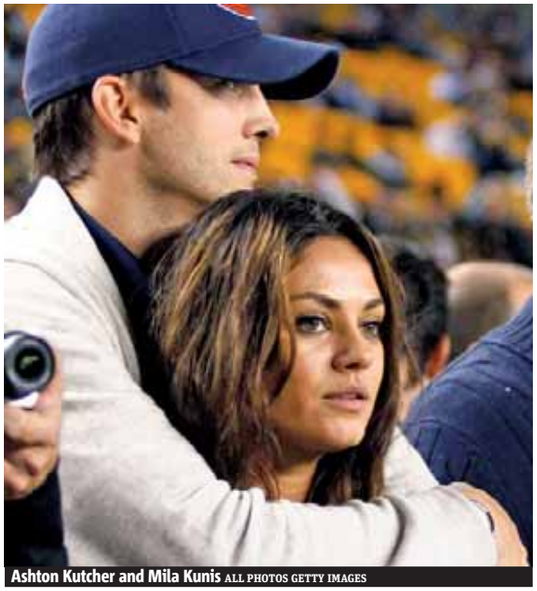
Comic-Con. Game of Thrones cast additions revealed for Season 5

At Comic-Con this weekend, HBO created quite a stir by revealing the list of actors who will join the cast for season five of Game of Thrones. Nine new characters will be introduced in this fifth season, as indicated by author George R. R. Martin and by the show's producers David Benioff and D.B. Weiss.

Several of the new faces will inhabit the Kingdom of Dorne. Alexander Siddig (Star Trek: Deep Space Nine) plays Doran Martell, the current ruler of Dorne. Toby Sebastian will play his son Trystan Martell, who is engaged to be married to Myrcella Baratheon, played by Nell Tiger Free. DeObia Oparei, seen in Pirates of the Caribbean: On Stranger Tides, will play Areo Hotah, the captain of Doran Martell's palace guards. AFP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Ashton Kutcher and Mila Kunis ALL PHOTOS GETTY IMAGES

That '70s wedding: Cast of show to play big part in Kunis-Kutcher nuptials

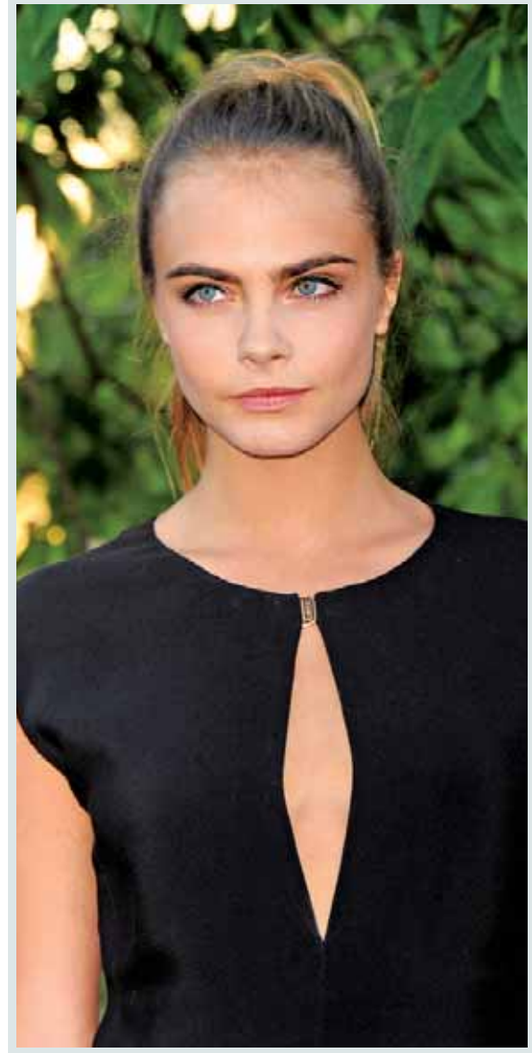
Fans waiting to see Ashton Kutcher and Mila Kunis walk down the aisle are going to have to sit tight for another 12 months, as the engaged expectant parents are reportedly looking at a July 2015 wedding date, according to Radar Online. "The wedding will be next July. They want to focus on their daughter first and having it next summer seems logical," a source says. "They won't have a big production but it will be elaborate. The wedding party will consist of the cast of That '70s Show as they are all very close. They still hang out with the original cast all the time. Most likely Danny Masterson will be the best man because him and Ashton are like brothers."

Sandra Bullock

Bullock and besties hit Cowboy Bar for a half-century hoedown

Sandra Bullock toasted her 50th birthday this past weekend with a lavish trip to Jackson Hole, Wyo., with Chelsea Handler and a group of other female friends, according to E! News. The group was spotted hitting the Million Dollar Cowboy Bar for a quick drink, though it didn't seem to be a rager, apparently. "There were probably six to 10 women in the group. It appeared to be a ladies night. They just came in to listen to the band," a source says. "It was pretty low-key. They all had one drink and were all dressed casually. Sandra looked radiant, beautiful and was very sweet. It looked like she was having a blast."

The Word



Cara De-loving? Bieber not a-Justin well to Gomez's galpal

NED EHRBAR
Metro in Hollywood

Justin Bieber is apparently none too thrilled that on-again, off-again girlfriend Selena Gomez appears to be total BFFs with model Cara Delevingne, according to the Sun. "Justin has called Cara on more than one occasion, wanting to know what's going on. It's been clear that he's had a drink beforehand, too." I can understand Bieber's concern. Delevingne, you see, was most recently dating actress Michelle Rodriguez, and while the same source accusing Bieber of drunken, paranoid phone calls claims the relationship between Delevingne and Gomez is clearly platonic, Gomez did date Bieber for a long time. And anyone who's seen the website Lesbians Who Look Like Justin Bieber knows where I'm going with this.

Madonna

Candy court: Madge may be in legal mess over exercise empire

That pesky Hard Candy lawsuit that Madonna tried to get thrown out completely? Well, not only is it going forward, but it looks like Madge herself may be forced to testify. "Prior to taking the deposition of Madonna Louise Ciccone, the plaintiff shall take the depositions of the three individuals who filed affidavits in this matter as to jurisdictional contacts with Florida to determine if those individuals have sufficient knowledge regarding jurisdictional matters. If the three individuals do not have sufficient knowledge as to jurisdictional matters, Ciccone may be subject to deposition," court documents obtained by TMZ state. The whole mess boils down to Madonna's decision to start a fitness apparel and DVD line called Hard Candy, named after her 2008 album and subsequent world tour. Except there's already a beauty company called Hard Candy, and it claims Madonna's is infringing on its copyright. This could get ugly.

Did pop's reigning duo ditch West's wedding for status reasons?

New details are leaking out as to why Jay-Z and Beyoncé sat out pal Kanye West's recent wedding: Apparently they were too good for it. "Beyoncé wasn't going to allow (West's new bride) to socially climb her. They are guarding like hell their status," a source tells Page Six. "Jay didn't want Kanye with (the bride). He thinks it's bad for business. I think Jay lost a little respect for Kanye there." Advantage: Jay and Beyoncé.

Jay-Z and Beyoncé

Twitter

@SethMacFarlane
1st day of filming on Ted 2: Back in the Habit

@NiallOfficial
thought I'd lost it since because of my operation, but the love for golf is back, can't get enough of it!

@rickygervais
Masturbate like God isn't watching.

LIFE

What you don't know can hurt you

Skin cancer. Here is everything you don't know (but should!) about sun safety

MEREDITH ENGEL
life@metronews.ca

Applying sunscreen isn't enough when it comes to sun safety. ISOCK

You know to apply (and re-apply) sunscreen.

But what you don't know about sun protection could mean the difference between a summer on the beach and one on the operating table.

We asked experts to fill us in on the beyond-basic skin rules you need to know for protecting yourself this summer.

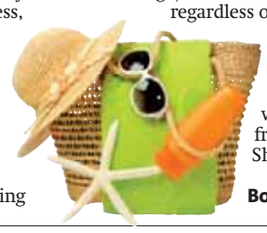
You need sunscreen every .... single ... day.

Yes, even when it's cloudy, raining, sleeting; you get the idea. The sun beams out UVA and UVB rays. The latter are the sun's most damaging rays during the summer months, in the middle of the day, says Dr. Neal Shultz, a New York City dermatologist. But it's the UVA rays that are "more plentiful and present all year long, and at all times of the day, and much more important in causing premature aging and causing skin cancer," he says.

Put your sunscreen on as the first layer of products you apply to your face. That means it goes under your makeup, ladies.

You're sweating off your sunscreen more than you think

You want to reapply after you go for a dip and after you get sweaty. But even if you're just lounging around, you still need to reapply every two to three hours "because there's something called insensible perspiration, which invisibly washes away the sunscreen," says Shultz. This is when your body doesn't realize it's sweating "because [the sweat's] evaporating before it collects on your skin." It's a necessary part of your skin's breathing process, but it makes the sunscreen you've got on obsolete.



You don't need SPF 100

You might think you're doing your body some extra good, but even a 15 provides almost 90 per cent coverage from the sun's rays (an SPF 30 provides more than 95 per cent coverage). But don't get too cosy, regardless of the number: "Whether the SPF is 15, 30 or 100, it needs to reapplied with the same frequency," Shultz says.

Boozing? You're more likely to burn

Nothing beats laying poolside with a cocktail, but when you're drinking, your skin is way more vulnerable to the sun. That's because alcohol dilates your blood vessels, meaning there's more red in your skin, and "the pinker the skin, the closer the blood cells are to the surface — and therefore, they absorb more damaging UV," Shultz says.

You can get skin cancer in spots that aren't exposed to the sun

Even if you're not sunbathing in the nude, you can still get skin cancer in your groin and anus (apologies for the visual). Other weird places you can get it? Your mucus membranes, like inside your nose and mouth. Have a dentist check inside your mouth for splotches, recommends Dr. Sapna Patel, assistant professor of melanoma medical oncology at the University of Texas MD Anderson Cancer Center.

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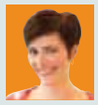
Score duck — and creativity points

Health Solutions

This fowl has a foul rap: Take a fresh look at duck breast



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Duck breast can offer variety to any restaurant menu or kitchen table.

For example, Chef Christopher Mark at Ste. Anne's Spa in Grafton, Ont., says that's exactly why he uses it on his menu.

The misperception that duck is a higher calorie meat than, say, chicken, is way overblown, he says. It is fattier but the fat renders easily and can be skimmed off before serving, thereby making them almost the same.

The richness of duck's flavour means that you can serve less and feel just as satisfied.

Roasting a whole duck is just as easy as roasting a chicken.

The only trick is to score the skin to let the fat drip out. Be sure to line your roasting pan and catch the drips.

Don't be tempted to add liquid to the pan to make a jus, it will sputter and spatter something awful.

Any Asian market worth its salt will be a brilliant supplier of duck. The price is usually lower per pound and whole ducks are plentiful.

Many grocers are now stocking just the duck breast and it may cost a little more but is a great way to introduce yourself to this tasty protein.

Serve something light and sweet on the side since duck pairs well with fruit, particularly intense fruits like citrus or cherries.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Herb-Marinated Duck Breast with Orange Reduction. An easy trick will help to get rid of some of its fat, making duck a unique choice

Duck has an unearned bad name for being difficult and fatty.

However, making shallow cuts in the duck breast — called scoring — helps the breast to release the fat during cooking.

It is the only trick you need to know. That's because this wee secret means you have another weeknight meat to serve.

A little goes a long way when serving duck and don't be afraid to serve it cooked to medium rather than well done like chicken.

This dish pairs well with roasted or mashed sweet potatoes.

In addition to marinating time, this recipe takes only 20 minutes.

Ingredients

Marinade
- 2 duck breasts (6-8 oz each)
- 2 sprigs fresh thyme, finely chopped
- 6 basil leaves, finely chopped
- 2 sprigs parsley, finely chopped
- 1 sprig rosemary, finely chopped
- 2 garlic cloves, minced
- Olive oil
- Salt/pepper to taste

Orange Reduction
- 1 cup honey
- 3 navel oranges (cut into quarters with skin on)
- 1 onion, peeled and diced
- 1 cup orange juice
- 1 bay leaf
- 10 peppercorns

1. Make very shallow slices through the skin of the duck breast. Mix all of the marinade ingredients together and let marinate overnight, in a bowl covered with plastic wrap in the fridge.

2. Bring honey to a boil and then add rest of ingredients. Mix together and let cook over medium-low heat for approximately 30 minutes. Strain.

3. Heat oven to 400 F. Add oil to the pan and place duck breasts in skin side down. Let sear for 2-3 minutes or until golden brown. Flip and place into a 400 F oven for 9 minutes. Remove from oven and let stand for 2 minutes to let the juices flow evenly throughout the breasts. Slice thinly into strips and drizzle with honey glaze. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY OF STE. ANNE'S SPA IN GRAFTON, ONT.

This recipe serves four. THERESA ALBERT

AUGMENTED REALITY

→ What the duck? Scan this photo using your Metro News app to follow along as Theresa Albert learns more about duck meat and how these birds are raised!

→ See the full instructions on Metro's Voices page.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Heat transforms fruit and veg

We all know fire works wonders on meat and vegetables. But we often forget that it also can do amazing things for fruit.

To prove the point, here is a Grilled Tomatillo and Mango Salsa Over Blue Cheese Meatloaf Burger recipe that puts the heat to all of the above — meat, vegetables and fruit.

Start by making a grilled salsa built around tomatillos, mangos, red onion and Peppadew peppers. Then create a blue cheese-blended patty that is equal parts burger and meatloaf. It is the perfect base for the salsa.

The result is a moist, tender burger with tons of flavour in and on it.

If you can't find Peppadews, substitute jarred banana peppers for a similar tang without a lot of heat.

1. In a medium bowl, mix together the pork, chuck, egg, bread crumbs, blue cheese, mustard, scallions, thyme, 1 teaspoon of salt and 1/2 teaspoon of pepper. Divide into 6 portions, shape into patties and press an indent into the centre with your thumb. Set aside.

2. Heat the grill to high.

3. Arrange the tomatillos, mangos and red onion on a rimmed baking sheet and brush with olive oil. Sprinkle with salt and pepper.

4. Grill the tomatillos, mangoes and red onion until lightly charred and tender, 4 to 6 minutes. Allow to cool slightly, then dice. Mix together in a bowl along with the chopped peppers. Season with salt, pepper and hot sauce. Set aside.

5. Grill the burgers for 4 to 6 minutes per side, or to desired doneness. Serve on buns topped with the salsa.

THE ASSOCIATED PRESS

Ingredients

- 12 oz ground pork
- 12 oz ground chuck
- 1 egg, beaten
- 1/2 cup bread crumbs
- 1/2 cup crumbled blue cheese
- 1 tbsp Dijon mustard
- 2 scallions, chopped
- 2 tbsp chopped fresh thyme
- Kosher salt and ground black pepper
- 4 large tomatillos, halved
- Olive oil
- 2 mangoes, peeled, pitted and cut into spears
- 1 small red onion, cut into 1/4-inch-thick slices
- 1/4 cup chopped Peppadew peppers
- Hot sauce, to taste
- 6 large burger buns

Frizell lays down the hammer for gold and Games record

Sultana Frizell of Perth, Ont., broke the Commonwealth Games hammer-throw record three times en route to winning the gold medal on Monday. The 29-year-old's best throw of 71.97 metres claimed Canada's first track-and-field medal in the Glasgow, Scotland-hosted Games. Scan the image with the Metro News app for more on Monday's events, including the men's 100 metres. IAN WALTON/GETTY IMAGES

Donald Sterling loses bid to block Clips sale

NBA. Judge allows $2B team sale to ex-Microsoft CEO

A judge ruled against Los Angeles Clippers owner Donald Sterling on Monday in his attempt to block the $2-billion sale of the team to former Microsoft CEO Steve Ballmer.

In the tentative ruling, Superior Court Judge Michael Levanas sided with Sterling's estranged wife Shelly Sterling, who burst into tears when the ruling was announced.

"I can't believe it's over. I feel good," she said.

Focus of trial

The non-jury trial held over several weeks focused mainly on whether Shelly Sterling properly removed her husband as a trustee and whether her actions carried any weight after he revoked the trust.

Shelly Sterling following Monday's ruling. GETTY IMAGES

Shelly Sterling negotiated the sale of the team after the 80-year-old billionaire was banned by the NBA for making offensive remarks about black people.

She sought approval from a probate judge for the deal she struck after removing her husband from the trust that owned the team when doctors found he had signs of Alzheimer's disease and couldn't manage his affairs.

Donald Sterling claimed his wife deceived him about the medical exams.

He later revoked the trust after she negotiated the record-setting sales price and his lawyers argued that the move killed the deal. They said the case didn't belong in probate court because the trust had been dissolved.

The ruling in Los Angeles County Superior Court is unlikely to put an end to the bizarre saga that began in April when a recording surfaced of Sterling scolding his young girlfriend for bringing black men to Clippers games. The NBA moved quickly to ban Sterling for life and fined him $2.5 million.

THE ASSOCIATED PRESS

'Sufficient evidence'

Messi again facing tax fraud charges

A Spanish judge has rejected a prosecutor's request to drop charges of tax fraud against Lionel Messi and ordered the investigation into three cases of suspected unpaid taxes to proceed.

A court statement says there is "sufficient evidence" to believe the Argentina player "could have known and consented" to the creation of a fictitious corporate structure to avoid paying taxes on income made from Messi's image rights. THE ASSOCIATED PRESS

MLB

Jays trade for infielder Valencia

The Toronto Blue Jays have traded right-hander Liam Hendriks and catcher Erik Kratz to the Kansas City Royals for infielder Danny Valencia.

The 29-year-old Valencia hit .282 with two home runs and 11 RBIs in 36 games for Kansas City this season. He also has played for Minnesota, Boston and Baltimore.

THE ASSOCIATED PRESS

CFL

Collaros placed on 6-game injured list

The Hamilton Tiger-Cats placed quarterback Zach Collaros on the six-game injured list Monday.

Collaros has been out with head and back injuries after taking a hard hit to the chin area from Edmonton Eskimos linebacker Odell Willis in a 28-24 loss on July 4. THE CANADIAN PRESS

ARCHANGEL
REAL TESTIMONIAL
ARCHANGEL I am so amazed of the change you were able to make in my life. I had no more hope that I'd get my life back after a big loss put me into bankruptcy. Fortunately, I found out who were the enemies around me. Thanks ARCHANGEL for your help and for showing my enemies face. – UNKNOWN
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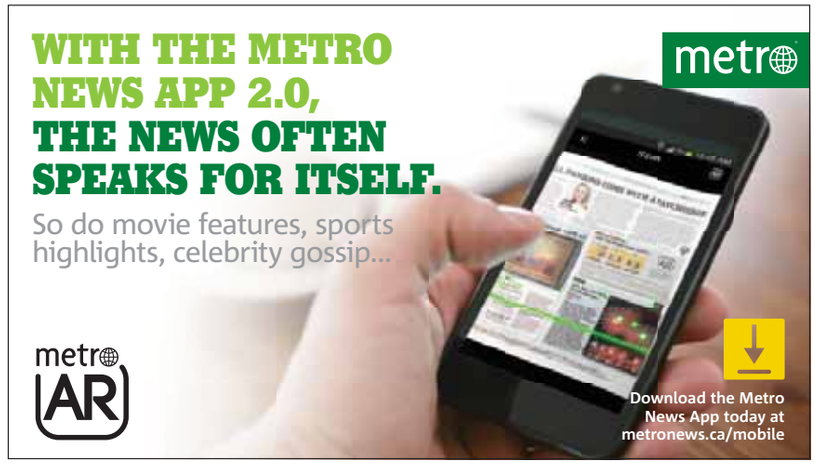
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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will get more out of being sociable today than by sitting at home. Someone you meet on your travels will open your mind to new ideas and new possibilities.

♉ Taurus
April 21 - May 21
If you want something enough, you will find a way to get it. If you have the courage to take a risk, you may hit the jackpot. Listen to your instincts — always.

♊ Gemini
May 22 - June 21
The closer you work with other people today, the more likely it is you will share in something that brings great benefits to everyone, both personal and professional.

♋ Cancer
June 22 - July 23
You need to find a place where you can be alone with your thoughts. The more you contemplate the meaning of life over the next few days the more life will bless you later.

♌ Leo
July 24 - Aug. 23
Life is getting faster and there will be no let-up over the next few days. One thing you won't be is bored. It will all be great fun, though.

♍ Virgo
Aug. 24 - Sept. 23
The changes that are taking place in your life are quite natural and should not be resisted. Everything is all right.

♎ Libra
Sept. 24 - Oct. 23
Have faith in your own ideas and don't be afraid to take a risk. Deep down, you know you're on the right track.

♏ Scorpio
Oct. 24 - Nov. 22
The planets make it easy for you to approach people in positions of power today. But your proposal must be well thought out. They won't be impressed if it is easy to pick holes in your plan.

♐ Sagittarius
Nov. 23 - Dec. 21
What can you do to make someone's life more exciting and fulfilling? Your kind words and good deeds will have a ripple effect, making you a force for positive change.

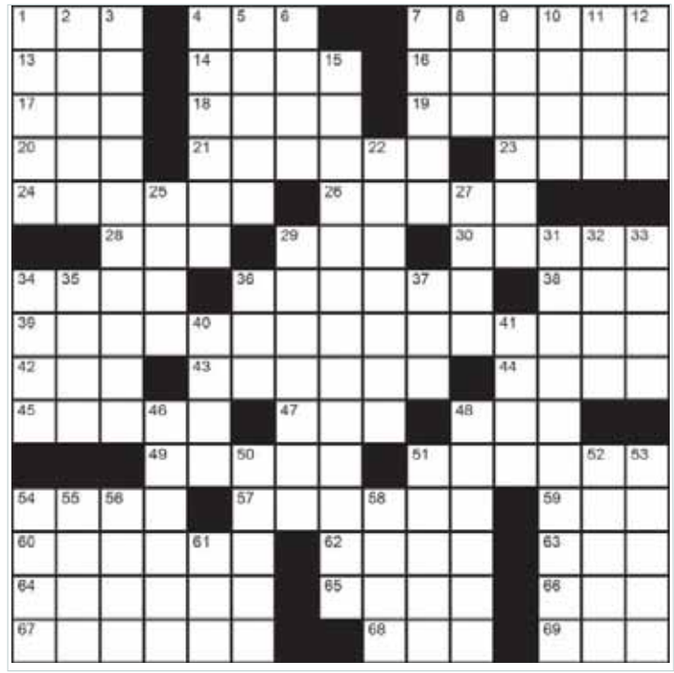
♑ Capricorn
Dec. 22 - Jan. 20
Something you are working on would benefit from a second opinion. You must listen to advice from those who have been there and done it before you.

♒ Aquarius
Jan. 21 - Feb. 19
It's OK to put your own interests first. It's good of you to want to help those in need but you have desires, too.

♓ Pisces
Feb. 20 - March 20
Let loved ones make their own decisions for a change. Too often, you have done everything for them. That's not good for you or them.

SALLY BROMPTON

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Play-__
4. Texter's incidentally
7. Tooth __
13. Compass point
14. "__ it Memorex?"
16. "Austin Powers in Goldmember"
17. 'RCMP', e.g.
18. Running shoe brand
19. Spanish airline
20. Bar beverage
21. Portage Ave.'s Winnipeg partner: 2 wds.
23. Grease
24. Poseidon: 2 wds.
26. __ rug
28. Quickly write down
29. Arcade Fire singer Mr. Butler
30. Door parts
34. Busy as _ __
36. Chocolate store-bought treat: 2 wds.
38. Norse Myth: Underworld goddess
39. Paleontology: Dig excitement causer!: 2 wds.
42. Famed tomb king
43. Retro sci-fi Hollywood offering, _-__
44. Egyptian goddess
45. Mode
47. "_-_-_-d-y." (How Canadian actress Ms. Crewson spells her first name)
48. Scoundrel
49. Ms Macphail, Canada's first woman MP, in 1921
51. Atomic No. 16
54. Muscat is its capital
57. Actors Alan and Adam
59. Helios' 'H'
60. Aussie singer Ms Goodrem's
62. Eye part
63. Nero's 7
64. Refrain
65. Yep's opposite
66. Long ago
67. Compact
68. __ worth
69. Domicile [abbr.]

Down
1. "Lost in the Plot" by Montreal band The __
2. Timely way to deliver lines: 2 wds.
3. __ __ The Queen
4. Witty remark: 2 wds.
5. Group of three
6. Collaborative web-site name prefix
7. Gives off
8. Calligrapher's prop
9. __ & Davide (Makers of Queen Elizabeth's signature black patent leather shoes)
10. Ms. Sorvino
11. Mideast chieftain, variantly
12. Guide
15. Kim Cattrall's new dark comedy on HBO Canada: 2 wds.
22. Becomes really clear: 2 wds.
25. Leaves
27. __ sax
29. Guy like Tom Hanks in "Sleepless in Seattle" (1993)
31. The Band song that ends with "But just before she leaves, she receives.": 2 wds.
32. Brand of skin lotion
33. Rock star Mr. Stone's
34. Times to follow morns
35. Concerning, fun-style
36. Alphabet sequence
37. Expert
40. Elvis hit: "_ __ of You"
41. Scientist's solution holder
46. Canadian sugar brand
48. __ apple
50. Mean
51. Sharpshoot
52. Handy
53. Viking maneuvers
54. Un-evens
55. Encounter
56. First 'A' of aka
58. Cast-__ pan
61. Call for

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

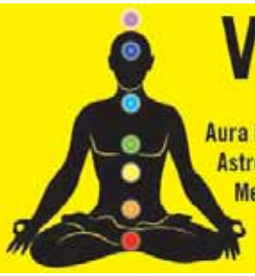
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		2		7		8	
	2	3				7	5	
7								3
		4	5	6	9	8		
		2	7	8	4	5		
6								2
	1	5				9	4	
	7		9		3		6	

Yesterday's Sudoku

3	9	6	5	8	1	7	4	2
2	7	8	3	4	9	5	1	6
1	5	4	6	7	2	8	3	9
9	8	1	7	5	3	2	6	4
7	2	3	1	6	4	9	5	8
4	6	5	2	9	8	1	7	3
6	1	9	4	2	5	3	8	7
5	4	2	8	3	7	6	9	1
8	3	7	9	1	6	4	2	5



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$14,730 • 95,100 km • Stk: # 35743

2010 Honda Fit DX

$9,860 • 107,524 km • Stk: # 35696

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2013 Nissan XTerra

$27,340 • 38,536 km • Stk: # 35944

2010 Chevrolet Cobalt SS

$9,970 • 70,011 km • Stk: # 35890

2009 Dodge Gr Caravan SE

$11,760 • 87,091 km • Stk: # 35987

2014 Nissan Murano CONVERT

$43,850 • 13,478 km • Stk: # 35682 USA

2010 Dodge Journey SE

$10,380 • 122,500 km • Stk: # N14344-N

2010 Toyota Matrix BASE M5

$9,810 • 92,238 km • Stk: # 35965

2010 Hyundai Elantra TOURING

$9,990 • 87,923 km • Stk: # 35589

2011 Nissan Frontier S

$15,800 • 46,253 km • Stk: # 35913 USA

2009 Mazda 3

$8,950 • 85,400 km • Stk: # 34088

2013 Hyundai Elantra GLS

$14,740• 55,457 km • Stk: # 35526

2013 Ford Edge LTD

$31,850 • 25,977 km • Stk: # 35572

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